

# Claims

[c1] I claim:

1. A shoulder pad accessory arm pad, comprising:

(a) an elongated padded member defining first and second opposite ends, the padded member being constructed and arranged for disposal therein of an arm of a wearer, to protect the arm from injury;

(b) means for attaching the first end of the padded member to a shoulder pad of the wearer; and

(c) means for attaching the second end of the padded member to the arm of the wearer, to secure the padded member to the arm of the wearer.

[c2] 2. The arm pad of claim 1, wherein the padded member comprises a foam pad disposed within and attached to a peripheral elastic envelope.

[c3] 3. The arm pad of claim 1, wherein the padded member comprises:

(a) first and second open ends;

(b) first attachment means at the first end of the padded member, for attaching the arm pad to a capulet of the shoulder pad of the wearer; and

(c) second attachment means at the second end of the

padded member, for attaching the arm pad to the arm of the wearer.

- [c4] 4. The arm pad of claim 3, wherein the first attachment means comprises an elastic band or a belt-and-buckle.
- [c5] 5. The arm pad of claim 3, wherein the second attachment means comprises an elastic band, a hook-and-loop fastener, or a belt-and-buckle.
- [c6] 6. The arm pad of claim 3, wherein the second attachment means comprises an elastic band with hook-and-loop fasteners attached thereto along the entire length of the band.
- [c7] 7. The arm pad of claim 3, wherein the foam pad is thinner at the first end than at the second end thereof.
- [c8] 8. The arm pad of claim 2, wherein the thickness of the foam pad increases continuously from the first end to the second end thereof.